Calm Choice Cards

Gentle visual prompts for home, school and quiet spaces

How to use this pack

1. Print the pages you need on A4 paper or card.
2. Cut around each card using the pale guide line.
3. Offer two or three choices at a time to reduce overload.
4. Let the learner point, place or hand over a card.
5. There is no right choice - the aim is communication and regulation.

Support without pressure. Pause whenever needed.

For personal, family or educational use.



Breathe slowly

Trace the circle with one finger. Breathe in as you go up and out as you go down.

I choose this



Take a quiet break

Choose a comfortable place. You can come back when your body feels ready.

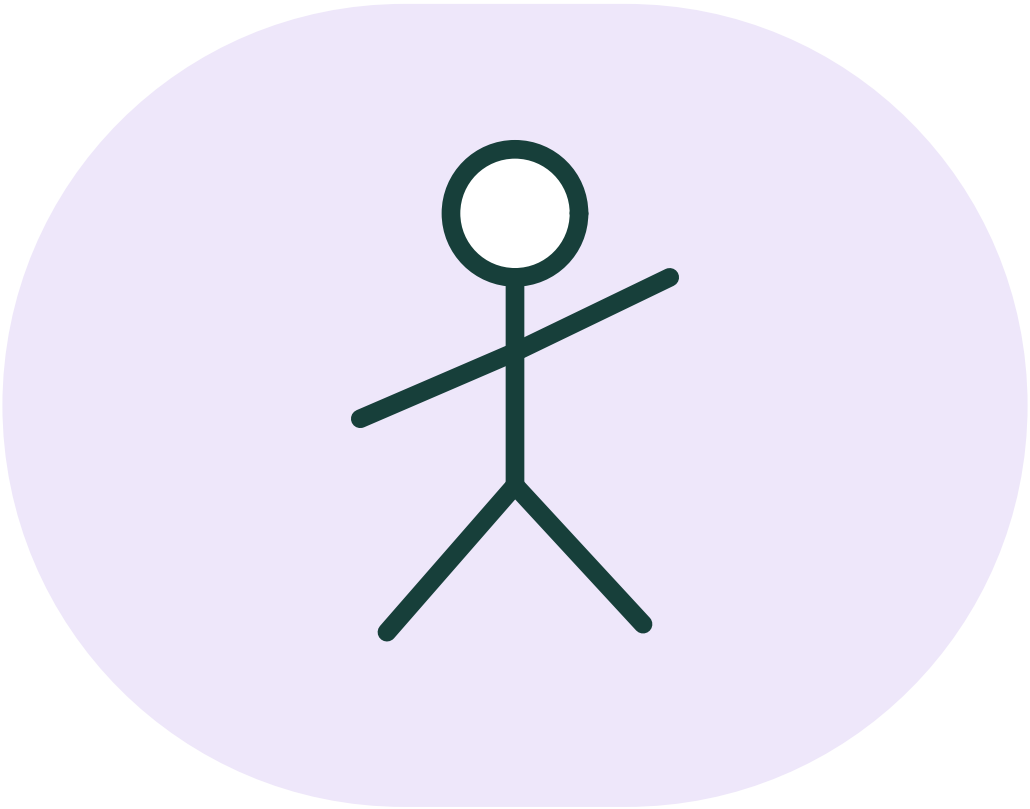
I choose this



Ask for help

Point to this card or say: Please help me.

I choose this



Move my body

Stretch, walk, rock or shake your hands in a way that feels good.

I choose this



Use headphones

Lower the sound around you when it feels too much.

I choose this



Have a drink

Take a slow sip of water and pause for a moment.

I choose this